Qimu

A quiet Windows eye care reminder built around the 20-20-20 rule, with gentle break prompts, do-not-disturb detection, and local privacy.

About

Qimu is an eye care reminder for Windows that helps you follow the 20-20-20 rule without disruptive popups. It is built for people who spend long hours at a screen and want a break timer that respects meetings, fullscreen apps, and time away from the keyboard. Instead of shouting over your work, Qimu waits quietly, then gives you a small banner or a gentle break screen when the moment is right.

What is Qimu

Qimu is an eye care reminder for Windows designed around the 20-20-20 rule. The app helps reduce eye strain by nudging you to look away from the screen every 20 minutes.

acting as a break timer, so it fits people who work, present, study, or play on a PC for long stretches.

Unlike a generic break timer, Qimu focuses on timing and context. It watches for fullscreen activity, microphone use, and time away from the keyboard so it can avoid interrupting you at the wrong moment. The result is a quiet eye care reminder that aims to be practical on a real desktop, not just correct in theory.

Key features

Qimu combines a few specific behaviors that make this eye care reminder more usable than a basic alarm:

- **20-20-20 reminders**: the app follows the standard eye care rule of regular visual breaks.
- **Fullscreen do not disturb**: when you are watching, presenting, or gaming, the break screen stays hidden and resumes from where it left off.
- **Meeting and call detection**: if your microphone is in use, Qimu suppresses the break screen.
- **Away detection**: time away from the keyboard does not count as screen time, so the countdown waits.
- **Gentle alerting**: a small banner appears about 30 seconds before a break and can be snoozed.
- **Quiet break screen**: the full-screen break prompt is described as calm rather than jarring.
- **Short and long breaks**: short breaks last 20 seconds, and longer breaks can appear after enough screen time.
- **Tray progress ring**: the tray icon shows progress at a glance.
- **Today's stats**: break time, screen time, breaks, and skips today are shown as four cards compared with yesterday.
- **Pro weekly charts**: the paid tier adds weekly trend charts.
- **Privacy-first design**: there is no telemetry, no account, no cloud sync, and no ads.

Install it on a supported PC running Windows 10 1809 (build 17763) or later, 64-bit.

Leave the free 20-20-20 schedule enabled if you want the default eye care reminder behavior.

Let the app run in the background so the tray icon can track your progress.

Watch for the small pre-break banner, then choose whether to snooze or take the break.

Use fullscreen mode, calls, or time away from the keyboard normally; Qimu will pause its reminders in those cases.

If you upgrade to Pro, adjust the schedule, view weekly history, export or import settings, and use the skip button on the break screen.

The free version is not a locked-down demo. It keeps the main eye care reminder features active, but its schedule numbers are fixed rather than adjustable.

Who it is for

Qimu is built for people who spend long hours in front of a display and want an eye care reminder that does not feel intrusive. It is a fit for:

Developers who keep code editors open all day

Designers who work through long visual sessions

Writers and editors who spend hours reading and typing

Support and finance staff who live in tabs and dashboards

Students who study on a laptop for extended periods

If you notice dry, sore, itchy, or blurry eyes by evening, a 20-20-20 break timer can be a simple habit to support. Qimu is especially appealing if you want that habit to run quietly in the background instead of taking over the screen.

What to know before you use it

Qimu is useful, but it is not a medical tool and it does not replace professional eye care. It helps you follow the 20-20-20 rule, yet it cannot diagnose causes of eye strain or correct vision problems.

The free version uses a fixed 20-20-20 schedule, so the timing is not adjustable unless you buy Pro.

The app does not collect personal data or use cloud sync, which also means your settings stay local to that PC unless you export or import them in Pro.

Qimu reads Windows privacy state to detect whether a microphone is in use, but it does not access or record audio.

Purchases and license checks do contact the Microsoft Store.

Weekly trend charts, custom schedules, and settings transfer are Pro features.

If you need a diagnosis for persistent eye pain, blurred vision, headaches, or dry eyes that do not improve, use an optometrist, ophthalmologist, or other official medical source instead of relying on a reminder app.

Qimu is best thought of as a quiet eye care reminder for Windows: simple, local, and focused on helping you take breaks without getting in the way. If that is what you need, Qimu is a polished break timer worth trying.

FAQ

Is Qimu free?

Is Qimu free to use?

How does Qimu avoid interrupting me during meetings?

What platform does Qimu support?

What are the system requirements for Qimu?

Does Qimu interrupt full-screen apps or meetings?

Is my data safe with Qimu?

Can I change the break schedule in Qimu?

Is Qimu private?

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Pricing	Freemium
Category	Health & Fitness
Platform	Windows
Launched	Aug 2026
Updated	16 days ago
Verified	1 months ago

TAGS

eye strain # eye-care # 20-20-20 rule # break timer # health # privacy # 20-20-20 # productivity # windows

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